



ANNUAL REPORT 2021





OUR VISION:

*'A humane correctional service
founded on the principles of
human rights, where the right to
life, health, family, education and
human development are at the
center'*

UBUMI PRISONS INITIATIVE

Birkerød, Denmark

Lusaka, Zambia

www.ubumi.dk (Danish)

www.ubumi.org (English)



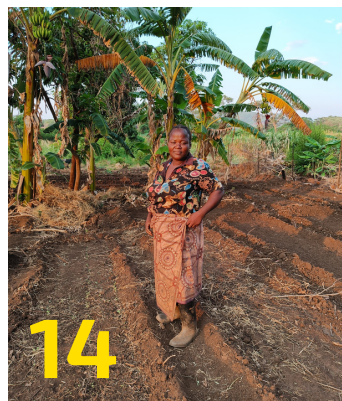
UBUMI PRISONS INITIATIVE

Contents



MENTAL HEALTH MATTERS IN PRISON

Read about our mental health project that targets both high and low in the Zambian prisons



THE MADZIMOYO METHOD

For maintaining energy to repairing muscles runner and chef Isaac Mills shared some healthy diet plans on how to get that extra mile.

MAKING A DIFFERENCE FOR THE MOST VULNERABLE

- 4** FOREWORD
- 5** FACTS ABOUT ZAMBIAN PRISONS
- 6** UBUMI OBJECTIVES ⊕
- 7** THE UBUMI MODEL
- 8** THE BENEFITS OF THE UBUMI MODEL
- 9** THE SERIOUSLY ILL PROJECT

10 ALL ABOUT CHILDREN THE CHILDREN'S PROJECT

- 11** THE PROJECT FOR JUVENILES
- 13** REINTEGRATION
- 15** A STUDY ON INITIAL MEDICAL ASSESSMENT
- 16** POETIC EMPOWERMENT
- 18** OUR PARTNERS IN ZAMBIA
- 19** TRIBUTE TO OUR VOLUNTEERS
- 20** PROJECTS IN DENMARK
- 21** POLITICAL AWARENESS RAISING
- 22** THANK YOU
- 23** BUY A BAG

Foreword



To be locked up in a Zambian prison – for whatever reason – puts a lot of pressure on the humanity of inmates, and the impoverished conditions also put pressure on prison staff.

The support you render through Ubumi helps inmates feel less lost and to have some of their basic human needs and rights met– thanks to your engagement. It is not just the items and services that are important – though they certainly are – but the solidarity and concern shown by Ubumis supporters that really matter.

Therefore, as the Chairperson for Ubumi, I extend my heartfelt thank you for making our support and solidarity possible. I am proud to share the 2021 activity report with you – a report that documents how Ubumi Prisons Initiative has once more demonstrated its unique commitment to prisons work. The staff in Denmark and Zambia supported by numerous volunteers inside and outside of prison work tirelessly to make a difference for the most vulnerable. Ubumi has continued its work to support general health targeting the most vulnerable: those that are weakened by ill health, the circumstantial children, the juveniles, mothers and pregnant women. Ubumi's work to support prisoners with mental health issues has deepened and taken off in new and exciting ways. Ubumi works to build capacity of civil society and to advocate to duty bearers for improved conditions. Please dive into the report for more details.

We are very grateful to those who support our organisation – individual members, companies as well as public grants and private foundations. The Obel Family Foundation deserves a sincere thank you, and so does CISU – Civil Society in Development and several smaller foundations (listed on the last page). Bistrup Church deserves special acknowledgement for their continued support. Without our supporters, the successes described in this report would not have been possible, and a lot of inmates would have been left to their own devices – whereas now they have received and participated in care and received recognition.

I wish to also extend my gratitude to Zambia Correctional Service at HQ level and in the individual correctional facilities for their excellent support, commitment and collaboration. Nothing can be done without your support. I also wish to thank our partner organisations for their dedication.

I wish to express a special thanks to every one of our inmate volunteers for their hard work and commitment to making a difference. Your hard work saves lives.

Mette Lund Sørensen
Chairperson



ZAMBIAN CORRECTIONAL FACILITIES



2020

ZAMBIAN CORRECTIONAL FACILITIES IN NEED OF SUPPORT

The **Zambian Correctional Service** struggle with a variety of challenges, from understaffing, to poor resources which pose challenges in terms of protecting the lives and welfare of inmates and their children.

Ubumi Prisons Initiative recognises the need for capacity building of central areas such as human rights related to especially health, education, protection of the most vulnerable as well as reintegration into society of newly released inmates.

UBUMI'S WORK

On the following pages you will get insight into the projects Ubumi has implemented in collaboration with partners.



SOME FACTS

Zambian correctional facilities are amongst the most overcrowded in Africa. Some individual facilities can have overcrowding of up to 400% of official capacity. Out of 87 correctional facilities, only 17 have health facilities.

There are very few programmes that support the reintegration of formerly incarcerated individuals.

Particularly vulnerable groups include children aged 0-4 accompanying their mothers as well as pregnant women in the correctional facilities.

Juveniles, mentally ill and seriously ill patients are equally highly vulnerable.

Overall objectives



- Improved **general health** and **quality of life** for inmates and their children in correctional facilities, including improved **mental health**
 - No preventable deaths of children and adults in correctional facilities
 - Improved opportunities for **child development** with a focus on play and joy for the benefit of children's healthy and normal development
 - Increased capacity among mothers to take care of their children and to support themselves and their children after release
 - Improved **nutrition and health**, including **mental health** among the children, juveniles and adults, particularly the seriously ill and mentally ill
 - Increased capacity among inmates and staff in relation to nursing, ethics and health, including mental health and nutrition
 - Increased capacity in Zambia Correctional Service to address health in general and health emergencies
- Increased capacity by prison NGO's to address the health, development and welfare issues correctional facilities face
- Empowerment and capacity building of inmates and staff
- Education and skills building amongst inmates in preparation for release
- Research for knowledge and action

The Ubumi Model

Main principles in support of health and wellbeing

- A holistic, cost-effective and strategic approach to problem-solving designed to the individual setting, but with the below elements included
 - Inmate empowerment and skills building
 - Volunteerism (inmates help other inmates)
 - Collaboration with duty bearers (mainly Ministry of Home Affairs and Zambia Correctional Service)
 - Capacity building of corrections staff, health care workers and inmates
 - Help for 'self-help' – vegetable gardens and other food production projects create the opportunity for more sustainable and healthy provision of foods
 - Strong checks and balances for good management



The benefits of the Ubumi Model



SAVING LIVES AND CHANGING LIVES FOR THE BETTER

- Improved health, wellbeing and general conditions for the most vulnerable in prison:
 - seriously ill patients
 - children aged 0-4 who are with their mothers in prison
 - juveniles
 - pregnant women and mothers
 - the mentally ill and other vulnerable groups and for the general prison population
- Staff and inmates more equipped to tackle challenges through the capacity building they have taken part in (trainings, mentorship and more)
- Strengthened capacity to manage interventions for health, including mental health
- Commitment and support by Zambia Correctional Service
- A sense of meaning and purpose for the volunteer inmates (in contrast to the meaningless existence in prison)



Seriously Ill Project



The project for the seriously ill is one of our longest running projects. Here inmate volunteers form groups who care for the ill. We have caregivers, who care for the patients by washing them, ensuring they take their medication and feeding them if necessary. Equally, where possible we have gardens which produce food for the ill.

The impressive reduction in mortality in Mukobeko Maximum Security Correctional Facility has remained stable for 3 years now. Any life lost is one life too many, yet there are inevitable losses. We are pleased to report that the reduction of 90% in mortality from baseline remains stable and has improved even further in 2021.

In 2021 the project has cared for 357 patients across 4 male correctional facilities and 31 female patients across 3 facilities. The total population in these facilities reaches more than 5000 people and all of them were also assisted in through general hygiene and Covid19 interventions. On any given day, an average of 156 patients are being fed. Some stay on the programme for years, others for a short while until their health improves. In support of the vegetable gardens, we have together with Prisoner Future Foundation run an agriculture training for medium, maximum and female prison in Kabwe.

We wish to thank CISU - Civil Society in Development for sponsoring part of this work, and as well as the smaller foundations, individual supporters and the Obel Family Foundation.



Agriculture training during COVID times with social distancing and face masks

The Children's Project



CHILDREN AGED 0-4 ARE WITH THEIR MOTHERS IN CORRECTIONAL FACILITIES

The children are particularly vulnerable in the prison context. We aim to enable healthy child development

In Zambia, mothers are allowed to bring children aged 0-4 with them into prison. The prison environment is by nature stressful and affected by overcrowding and poor hygiene and nutrition.

Ubumi has established Play Houses (mini-kindergartens), where children can play and enjoy some normalcy and happiness.

With the support of various foundations, CISU, churches and individual members we provide food, clothes and hygiene items for the children and their mothers as well as pregnant women. Mothers with new borns receive 'baby packs'. 34 children have been supported this year,

We work to establish adherence to human rights standards and attention to the needs of circumstantial children.

3 GOOD HEALTH AND WELL-BEING



Juveniles



Juveniles are one of the most vulnerable groups that we support in the Zambian Correctional Facilities. Our projects with the juveniles in Lusaka Central, Chipata and Kabwe correctional facilities focus on health, nutrition, recreation and education.

The juveniles receive supplementary food, hygiene items as well as medication and vitamins from Ubumi in collaboration with our partners PFF and NZP+. This is supported by CISU, the Obel Family Foundation, Verena Merz and Otto Kjærgaards Børnefond, Viggo Skyum Kierkegård og hustru Thyra Kierkegårds Mindelegat as well as vital contributions from individual members and supporters. In 2021, almost 400 juveniles have received support.

Our Ubumi volunteers make sure to provide supplementary educational classes on various topics incl. computer lessons for the juveniles with computers donated by Ubumi. BUPL support with various educational materials, including art classes. The volunteers also make sure that recreational activities take place including for instance football and chess.

394 juveniles have been supported this year.



Computer lab for juveniles at Mukobeko
Medium Facility



Juveniles playing a game with a volunteer



Ubumi Prisons Initiative has been supported by CISU - Civil Society in Development to implement the project 'Mental Health Matters'. The project aims to create awareness as well as build capacity of Zambia Correctional Service with a particular focus on health care workers. The project also targets the general prison population with awareness campaigns. Volunteer inmates are trained as mental health facilitators, where they sensitize their fellow inmates as well as facilitate support groups for inmates. Our mental health advisor undertakes mentoring of health care workers to build their capacity to refer and/or treat patients onsite.

In 2021 54 mental health facilitators were trained and 21 support groups were established with in all 206 inmate participants. 42 officers were trained on mental health. 253 inmates were screened for mental health disorders and 198 commenced on medical treatment. More than 6,000 inmates have been targets for mental health sensitisation campaigns. The project has been well received by Zambia Correctional Service and continues in 2022-2025. Thanks to CISU - Civil Society in Development - for the support and to our partner organisation In But Free for the collaboration.



Mental Health workshop for Zambia Correctional Service

Reintegration of Former Inmates

Reintegration of former inmates into the communities is generally a challenge. The formally incarcerated men and women generally struggle with finding employment and they face stigma on many levels. Many find it difficult to reunite with families.

Ubumi has developed a project which sets out to be a model for successful reintegration. Former inmates and vulnerable community members are enrolled in a programme where they are trained in agriculture and work to gain

work experience.

The project has proven successful with 44% finding employment after the project and the vast majority being able to support their families and communities with growing their own produce at home for either sales or own consumption. Many former trainees also educate their communities on agriculture techniques.

We wish to thank CISU, PEPFAR and Merkurfonden for their support.



Brenda standing by her just-newly-established personal garden

The Madzimoyo Method



Below are pictures from the farm, the piggery, the trainees and the beautiful fields. The trainees are trained on general agriculture which serves as an income generating programme as well as pig rearing. They also get their own individual gardens whilst on the programme, where they can plant vegetables to feed themselves and their families and generate a small income. The individual gardens are supported by Merkurfonden and the training programme and inputs to the piggery and the crops are supported by CISU and PEPFAR. This is invaluable support for reintegration.



note
you
need



A study of Initial Medical Assessment conducted in 2020-2021

The Nelson Mandela Rules (Standard Minimum Rights of Prisoners)

The Nelson Mandela Rule no. 30 highlights the right to pre-entry screening of all new incarcerated persons (The UN General Assembly, 2016). The main purpose of the initial medical assessment (IMA) is to identify general and urgent physical and psychological medical conditions, identify torture and ill-treatment and assess the detainee's fitness to participate in the daily regime of the institution.

The study

Ubumi Prisons Initiative has in collaboration with DIGNITY - Danish Institute Against Torture and Center for Infectious Research Zambia conducted a study on the implementability of the Initial Medical Assessment.

Conclusions:

At HQ level in the interviews with the Commissioner General and with the health directorate as well as in all the correctional facilities - both amongst incarcerated persons, health staff, corrections staff and facility management - the need and support of a thorough IMA came out strongly. They expressed the need for more training of both corrections staff, health staff and the incarcerated persons with particular responsibilities for health. They also spoke of the obvious needs for medicine, isolation cells, screening rooms and diagnostic equipment.

The support for the IMA centered on curbing infectious diseases, ensuring timely and proper treatment of newcomers, which could help the individual, the correctional facility at large as well as contribute to reducing workload of health staff, as many illnesses now are treated too late and accessibility to hospital is too low. This means the patient's condition may have worsened requiring even more assistance, time and resources. A health staff member explains: *'We close our eyes even when we see a very important symptom and hope it passes, but things don't work that way'*. Of some concern, many noted that corrections and health staff are both overworked and demotivated and consequently do not always perform up to standard for this reason.

Generally, incarcerated persons were very motivated and inspired when it came to the IMA. In one correctional facility the incarcerated persons (peer educators, health committee members) were so inspired by the discussion that they already wanted to initiate discussions on how to improve their current system of screening new entries. The health staff emphasized the need for concrete and standardized tools for review (a questionnaire was routinely mentioned).

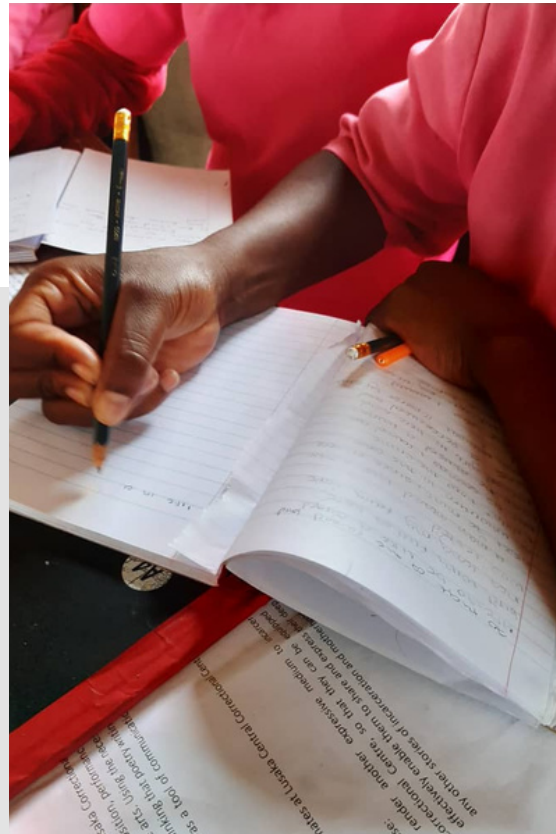
The full report can be found under '*publications*' on the www.ubumi.dk / www.ubumi.org.

Poetic Empowerment



Together with the organisations 100% for the Children and Circus Zambia we have implemented a project focusing on using creative tools for expression in Lusaka Central Female Correctional Facility

The women have written poems and produced art works which have taken our breaths away. The women took the opportunity of the poetry and art workshops to express the prison pain and to express for instance how their sense of motherhood has been challenged by incarceration. Painful poems of mothers missing and worrying about their children emerged. Mothers separated from their children found a voice through the creative expressions. Read one of the beautiful poems on the next page. As an organisation we have learned how creative expression can become a tool for finding a voice and for some sense of empowerment as well as community. Thanks to CISU - Civil Society in Development for the support and DANIDA.



Little Tiger

A mother in prison expressing her love for her child

My little tiger

*First let me say to you
I can't wait to see you again
Because you are the treasure
I have been waiting for
Do you know how I really miss you
I always pray for the day that
I can finally kiss you.*

My little tiger

*Always remember every day I pray
For you in my heart
There is a permanent place for you
My heart beats for you.*

My little tiger

*It hurts me to be away from you
I missed your first birth day
Am not there when you need
Someone to talk to
Share all your dreams and feels too.*

My little tiger

*Whenever you are down
I can't tell you it will be better tomorrow
I am in a position where I have no say
Over my own life, I wish I can
make you understand.*

My little tiger

*I am like a little bird with a broken wing
I can't fly, I am like a little rat chased by the*

cat everyday

*I am like a house without a door
I am like a flame without a spark.*

My little tiger

*I am in a pit where I can't fly out
It's filled with darkness
I am sorry I couldn't bring you along
It's easy to smile during daytime trying
To suit the environment but
When night comes I have sleepless nights
Tears run out from my eyes
Thinking when is the darkness coming to an
end.*

My little tiger

*It's not easy to be away
From those you adore the most,
painful to be thrown away, taking your hope
away.*

My little tiger

*No matter how dark it is
The sun will shine
I will fly again because of you.*

My little tiger

*Always remember I cherish you
To the moon and back
Keep growing strong and stronger
I cherish and adore you
And I am coming back for you.*

Our Partners in Zambia

Ubumi Prisons Initiative's local office in Zambia (Ubumi Zambia) has been registered and approved as a local partner with CISU, and from 2021 their accounting system works independently from Ubumi Denmark. It does not essentially change the close partnership and collegial relationship between the two offices. Ubumi continues to work in partnership with other organisations as well. In Kabwe we work with Prisoners Future Foundation PFF and in Kitwe we work with In but Free (IBF). In Chipata we work with NZP+ Chipata Chapter. In the Copperbelt we work with In But Free.



Tribute to our Volunteers

Some of the main principles of the Ubumi model are volunteerism and empowerment and it's something we strive towards achieving in all our projects both inside the facilities and outside. We therefore put a lot of emphasis on the importance of letting the inmates lead our projects as they are the ones who know what the needs are on the ground, who have so many skills to contribute with and who want something meaningful to do while serving. We also have volunteers outside of the facilities who are doing an amazing job. We are extremely proud and grateful for all the great work that is being done and for the lives that are being saved through their tireless efforts.

Inmate volunteers who are incarcerated themselves spend their time inside helping their fellow friends despite of their own difficult situations. They help patients bathe, eat, take medication, lift their spirits when they are down, keep the cells clean, cook the supplementary food, take care of juveniles and children, keep them safe, keep them busy with education and recreational activities, make sure they eat and their surroundings are kept clean and that both patients, juveniles and children receive the necessary help in terms of health. In our eyes they are heroes and they deserve a big thank you from us at Ubumi Zambia and Ubumi Denmark as well as from all the patients, juveniles, children and pregnant women who they have helped through the years.



Projects in Denmark



Together with the organisations 100% for the Children and Rapolitics, Ubumi is implementing a popular engagement project

Through creative forms of expression such as rap, poetry slam and story telling the youth in Århus get the opportunity to engage in the Sustainable Development Goals agenda, whilst learning about Ubumi's target groups in Zambia, more specifically juveniles in the Zambian correctional facilities, as well as youth living on the streets in Kenya.

Thanks to CISU - Civil Society in Development for the support.



Political Awareness Raising in Denmark



The conditions of work for small civil society organisations have changed in recent years, with larger foundations focusing on either very specific areas of support, or moving their funding away from international development work. Furthermore, in the public calls for funding, the salaries are so low that it is impossible to run organisations effectively.

Therefore, Ubumi together with the organisation '100% for the Children' have

established a network of small and medium sized civil society organisations to advocate for the right to decent work conditions and reasonable systems around grant applications and administration, so that we have a chance to make a difference in our development work.

The agenda here is discussing the conditions of work for small and medium sized civil society organisations and the consequences for our partner in the South. Read more on www.smsco.dk (in Danish)



Thank you from Ubumi Team and Partners

Ubumi Prisons Initiative works with several partners: IBF (In But Free), CIDRZ (Center for Infectious Research Zambia), PFF (Prisoners Future Foundation), NZP+ Chipata, Circus Zambia, UpZambia and several others. A key partner is of course Zambia Correctional Service. Thanks goes to all for the collaboration.



From left: Shawn, Lena, Obed, Anne and Ray



Ubumi Team with Prisoners' Future Foundation

To see all Ubumi staff, please visit www.ubumi.org

Buy a Bag in support of women and children!

Sponsored by Soroptimists Hillerød who have faithfully supported Ubumi for several years, we have developed a sewing project for capacity building of incarceration women and for income generation for the projects for women and children.

You can even buy one or more, if you like!

We have yoga bags and shopping/carrier bags. The profits go directly to the women and children's projects.

Write a message to ubumi@ubumi.dk and let us know if you're interested. We have quite a large selection, and we look forward to finding just the right bag(s) for you. Buy one for yourself or as a gift.

One bag is DKK 75 and you can get two for DKK 150.



Thank you

The Obel Family Foundation

CISU - Civil Society in Development

PEPFAR - US President's Plan for AIDS Relief

DIGNITY - Danish Institute Against Torture

Bistrup Kirke

Høyrup og Clemmensen

BUPL

Merkurfonden

Viggo Skyum Kierkegård og Hustru Thyra Kierkegårds Mindelegat

Verena Merz and Otto Kjærgaards Børnefond.

Manja Mouriers Børnefond

Medarbejdernes Honorarfond i Novo Gruppen

Zambia Correctional Service

All individual members and supporters

All Ubumi Volunteers

